【少林传统功夫系列丛书】

Shaolin Traditional Kungfu Series Books

七星小架

Seven-star Small Frame

耿军 著

Written by Geng Jun

人民体育出版社

PEOPLE'S SPORTS PUBLISHING HOUSE

▲作者在台湾
Author in Taiwan.

▲武术杂志上的耿军
Geng Jun on the Cover of Wushu Magazine

▲作者访问中东武术总会
The Author is visiting the Middle East Wushu Federation

▲作者已出版的教学光盘
The Author's Teaching VCDs which have been published.

▲作者与原国家武术协会主席张耀庭
The Author and the former Chairman of the Chinese Wushu Association Zhang Yaoting

▲作者指导儿子耿鹏飞练功
The Author is coaching his son Geng Pengfei to practise his skill

作者简介

耿军（法号释德君），1968年11月出生于河南省孟州市，系少林寺三十一世皈依弟子。中国武术七段、全国十佳武术教练员、中国少林武术研究会副秘书长、焦作市政协十届常委、济南军区特警部队特邀武功总教练、洛阳师范学院客座教授、英才教育集团董事长。1989年创办孟州少林武术院、2001年创办英才双语学校。先后获得河南省优秀青年新闻人物、全国优秀武术教育家等荣誉称号。

1983年拜在少林寺住持素喜法师和著名武僧素法大师门下学艺，成为大师的关门弟子。后经素法大师引荐，又随螳螂拳一代宗师李占元、金刚力功于宪华等大师学艺。在中国郑州国际少林武术节、全国武林精英大赛、全国武术演武大会等比赛中6次获得少林武术冠军；在中华传统武术精粹大赛中获得了象征少林武术最高荣誉的“达摩杯”一座。他主讲示范的36集《少林传统功夫》教学片已由人民体育音像出版社出版发行。他曾多次率团出访海外，在国际武术界享有较高声誉。

他创办的孟州少林武术院，现已发展成为豫北地区最大的以学习文化为主，以武术为办学特色的封闭武、寄宿制学校，是中国十大武术教育基地之一。

Brief Introduction to the Author

Geng Jun (also named Shidejun in Buddhism) , born in Mengzhou City of Henan Province, November 1968, is a Buddhist disciple of the 31st generation, the 7th section of Chinese Wu shu, national "Shijia" Wu shu coach, Vice Secretary General of China Shaolin Wu shu Research Society, standing committee member of 10th Political Consultative Conference of Jiaozuo City, invited General Kungfu Coach of special police of Jinan Military Distriot, visiting professor of Luoyang Normal University, and Board Chairman of Yingcai Education Group. In 1989, he established Mengzhou Shaolin Wu shu Institute; in 2001, he established Yingcai Bilingual School. He has been successively awarded honorable titles of "Excellent Youth News Celebrity of Henan Province", "State Excellent Wu shu Educationalist", etc.

In 1983, he learned Wu shu from Suxi Rabbi, the Abbot of Shaolin Temple, and Grandmaster Sufa, a famous Wu shu monk, and became the last disciple of the Grandmaster. Then recommended by Grandmaster Sufa, he learned Wu shu from masters such as Li Zhanyuan, great master of mantis boxing, and Yu Xianhua who speoializes in Jingangli gong. He won the Shaolin Wu shu champion for 6 times in China Zhengzhou International Wu shu Festival, National Competition of Wu lin Elites, National Wu shu Performance Conference, etc., and one "Damo Trophy" that symbolizes the highest honor of Shaolin Wu shu in Chinese Traditional Wu shu Succinct Competition. 36 volumes teaching VCD of Shaolin Traditional Wu shu has been published and issued by People's Sports Audio Visual Publishing House. He has led delegations to visit overseas for many times, enjoying high reputation in the martial art circle of the world.

Mengzhou Shaolin Wu shu Institute, established by him, has developed into the largest enclosed type boarding school of Yubei (north of Henan Province) area, which takes knowledge as primary and Wu shu as distinctiveness, also one of China's top ten Wu shu eduoation bases.

序　言

中华武术源远流长，门类繁多。

少林武术源自嵩山少林寺，因寺齐名，是我国拳系中著名的流派之一。少林寺自北魏太和十九年建寺以来，已有一千五百多年的历史。而少林武术也决不是哪一人哪一僧所独创，它是历代僧俗历经漫长的生活历程，根据生活所需逐步丰富完善而成。据少林寺志记载许多少林僧人在出家之前就精通武术或慕少林之名而来或迫于生计或看破红尘等诸多原因削发为僧投奔少林，少林寺历来倡武，并经常派武僧下山，云游四方寻师学艺。还请武林高手到寺，如宋朝的福居禅师曾邀集十八家武林名家到寺切磋技艺，推动了少林武术的发展，使少林武术得诸家之长。

本书作者自幼习武，师承素喜、素法和螳螂拳李占元等多位名家，当年如饥似渴在少林寺研习功夫，曾多次在国内外大赛中获奖。创办的孟州少林武术院亦是全国著名的武术院校之一，他示范主讲的36集《少林传统功夫》教学VCD已由人民体育音像出版社发行。

本套丛书的三十多个少林传统套路和实战技法是少林武术的主要内容，部分还是作者独到心得，很值得一读，该书还采用中英文对照，使外国爱好者无语言障碍，为少林武术走向世界做出了自己的贡献，亦是可喜可贺之事。

张耀庭题

甲申秋月

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说　明

（一）为了表述清楚，以图像和文字对动作作了分解说明，练习时应力求连贯衔接。

（二）在文字说明中，除特别说明外，不论先写或后写身体的某一部分，各运动部位都要求协调活动、连贯衔接，切勿先后割裂。

（三）动作方向转变以人体为准，标明前后左右。

（四）图上的线条是表明这一动作到下一动作经过的线路及部位。左手、左脚及左转均为虚线（⋯⋯➡）；右手、右脚及右转均为实线（——➡）。

Instructions

(I) In order to explain clearly, figures and words are used to describe the actions in multi steps. Try to keep coherent when exercising.

(II) In the word instruction, unless special instruction, each action part of the body shall act harmoniously and join coherently no matter it is written first or last, please do not separate the actions.

(III) The action direction shall be turned taking body as standard, which is marked with front, back, left or right.

(IV) The line in the figure shows the route and position from this action to the next action. The left hand, left foot and turn left are all showed in broken line (⋯⋯➡); the right hand, right foot and turn right are all showed in real line (——➡).

基本步型与基本手型

Basic stances and Basic hand forms

图 1

图 2

图 3

图 4

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基本步型

少林武术中常见的步型有：弓步、马步、仆步、虚步、歇步、坐盘步、丁步、并步、七星步、跪步、高虚步、翘脚步 12 种。

弓步：俗称弓箭步。两腿前后站立，两脚相距本人脚长的 4~5 倍；前腿屈至大腿接近水平，脚尖微内扣不超过 5°；后腿伸膝挺直，脚掌内扣 45°。（图 1）

马步：俗称骑马步。两脚开立，相距本人脚长的 3~3.5 倍，两脚尖朝前；屈膝下蹲大腿接近水平，膝盖与两脚尖上下成一条线。（图 2）

仆步：俗称单叉，一腿屈膝全蹲，大腿贴紧小腿，膝微外展，另一腿直伸平仆接近地面，脚掌扣紧与小腿成 90°夹角。（图 3）

虚步：又称寒鸡步。两脚前后站立，前后相距本人脚长的 2 倍；重心移至后腿，后腿屈膝下蹲至大腿接近水平，脚掌外摆 45°；前腿脚尖点地，两膝相距 10 厘米。（图 4）

歇步：两腿左右交叉，靠拢全蹲；前脚全脚掌着地，脚尖外展，后脚脚前掌着地，臀部微坐于后腿小腿上。（图 5）

坐盘步：在歇步的形状下，坐于地上，后腿的大小腿外侧和脚背均着地。（图 6）

丁步：两腿并立，屈膝下蹲，大腿接近水平，一脚尖点地靠拢另一脚内侧脚窝处。（图 7）

并步：两腿并立，屈膝下蹲，大腿接近水平。（图 8）

七星步：七星步是少林七星拳和大洪拳中独有的步型。一脚内侧脚窝内扣于另一脚脚尖，两腿屈膝下蹲，接近水平。（图 9）

跪步：又称小蹬山步。两脚前后站立，相距本人脚长的 2.5 倍，前腿屈膝下蹲，后腿下跪，接近地面，后脚脚跟离地。（图 10）

高虚步：又称高点步。两脚前后站立，重心后移，后腿脚尖外摆 45°，前腿脚尖点地，两脚尖相距一脚距离。（图 11）

翘脚步：在七星螳螂拳中又称七星步，两腿前后站立，相距本人脚长的 1.5 倍，后脚尖外摆 45°，屈膝下蹲，前腿直伸，脚跟着地，脚尖微内扣。（图 12）

基本手型

少林武术中常见的手型有拳、掌、钩3种。

拳：分为平拳和透心拳。

平拳：平拳是武术中较普遍的一种拳型，又称方拳。四指屈向手心握紧，拇指横屈扣紧食指。（图13）

透心拳：此拳主要用于打击心窝处，故名。四指并拢卷握，中指突出拳面，拇指扣紧抵压中指梢节处。（图14）

掌：分为柳叶掌、八字掌、虎爪掌、鹰爪掌、钳指掌。

柳叶掌：四指并立，拇指内扣。（图15）

八字掌：四指并立，拇指张开。（图16）

虎爪掌：五指分开，弯曲如钩，形同虎爪。（图17）

鹰爪掌：又称锁喉手，拇指内扣，小指和无名指弯曲扣于掌心处，食指和中指分开内扣。（图18）

钳指掌：五指分开，掌心内含。（图19）

钩：分为钩手和螳螂钩。

钩手：屈腕，五指自然内合，指尖相拢。此钩使用较广，武术中提到的钩均为此钩。（图20）

螳螂钩：又称螳螂爪，屈腕成腕部上凸，无名指、小指屈指内握，食指、中指内扣，拇指梢端按贴于食指中节。（图21）

Basic stances

Usual stances in Shaolin Wushu are: bow stance, horse stance, crouch stance, empty stance, rest stance, cross-legged sitting, T-stance, feet-together stance, seven-star stance, kneel stance, high empty stance, and toes-raising stance, these twelve kinds.

Bow stance: commonly named bow-and-arrow stanoe. Two feet stand in tandem, the distanoe between two feet is about four or five times of length of one's foot; the front leg bends to the extent of the thigh nearly horizontal with toes slightly turned inward by less than 5°; the back leg stretches straight with the sole turned inward by 45°. (Figure 1)

Horse stance: commonly named riding step. two feet stand apart, the distance between two feet is 3~3.5 times of length of one's foot, with tiptoes turned forward; bend knees to squat downward, with thighs nearly horizontal, knees and two tiptoes in line. (Figure 2)

Crouch stance: commonly named single split. Bend the knee of one leg and squat entirely with thigh very close to lower leg and knee outspread slightly; straighten the other leg and crouch horizontally close to floor, keep the sole turned inward and forming an included angle of 90°with lower leg. (Figure 3)

Empty stance: also named cold-chicken stance. Two feet stand in tandem, the distance between two feet is 2 times of length of one's foot; transfer the barycenter to back leg, bend the knee of the back leg and squat downward to the extent of the thigh nearly horizontal, with the sole turned outward by 45°; keep the tiptoe of front leg on the ground, with distance between two knees of 10cm. (Figure 4)

Rest stance: cross the two legs at left and right, keep them close and entirely squat; keep the whole sole of the front foot on the ground with tiptoes turned outward, the front sole of the back foot on the ground, and buttocks slightly seated on the lower leg of the back leg. (Figure 5)

Cross-legged sitting: in the posture of rest stance, sit on the ground, with the outer sides of the thigh and lower leg of the back leg and instep on the ground. (Figure 6)

T-stance: two legs stand with feet together, bend knees and squat to the extent of the thighs nearly horizontal, with one tiptoe on the ground and close to inner side of the fossa of the other foot. (Figure 7)

Feet-together stance: two legs stand with feet together, bend knees and squat to the extent of the thigh nearly horizontal. (Figure 8)

Seven-star stance: Seven-star step is a unique step form in Shaolin Seven-star Boxing and Major Flood Boxing. Keep the inner side of the fossa of one foot turned inward onto tiptoe of the other foot, bend two knees and squat nearly horizontal. (Figure 9)

Kneel stance: also named small mountaineering stance. Two feet stand in tandem, the distance between two feet is 2.5 times of length of one's foot, bend knee of the front leg and squat, kneel the back leg close to the floor, with the heel of back foot off the flocr. (Figure 10)

High empty stance: also named high point stance. Two feet stand in tandem. Transfer the barycenter backward, turn the tiptoe of the back leg outward by 45°, with tiptoe of front leg on the ground, and the distance between two tiptoes is length of one foot. (Figure 11)

Toes-raising stance: also named seven-star stance in Seven-star Mantis Boxing. Two legs stand in tandem, and the distance between two legs is 1.5 times of length of

one's foot. Keep the tiptoe of back leg turned outward by 45°, bend knees and squat, straighten the front leg with heel on the ground and tiptoe turned inward slightly. (Figure 12)

Basic hand forms

Usual hand forms in Shaolin Wushu are: fist, palm and hook, these three kinds.

Fist: classified into straight fist and heart-penetrating fist.

Flat fist: a rather common fist form in Wushu, also named square fist. Hold the four fingers tightly toward the palm, and horizontally bend the thumb to button up the fore finger. (Figure 13)

Heart-penetrating fist: mainly used for striking the heart part. Put four fingers together and coil-hold them, the middle finger thrusts out the striking surface of the fist, the thumb buttons up and presses the end and joint of the middle finger. (Figure 14)

Palm: classified into willow leaf palm, splay palm, tiger's claw palm, eagle's claw palm, fingers clamping palm.

Willow leaf palm: palm with four fingers up and thumb turned inward. (Figure 15)

Eight-shape palm: palm with four fingers up and thumb splay. (Figure 16)

Tiger's claw palm: palm with five fingers apart, bent as hook and like tiger's claw. (Figure 17)

Eagle's claw palm: also named throat locking hand, with the thumb turned inward, the little finger and middle finger turned onto palm, fore finger and middle finger apart and turned inward. (Figure 18)

Fingers clamp palm: palm with five fingers apart and

palm drawn in. (Figure 19)

Hook: classified into hook hand and mantis hook.

Hook hand: bend the wrist, five fingers drawn in naturally with fingertips together. This hook is used in wide range, the hook mentioned in Wushu refers to this. (Figure 20)

Mantis hook: also named mantis' claw, bend wrist into wrist bulge upward, the ring finger and little finger bend to hold inward, with fore finger and fore middle finger turned inward and end of thumb pressed on the middle joint of the fore finger. (Figure 21)

七星小架套路简介

Brief Introduction to the Routine Seven-star Small Frame

七星小架是少林寺较古老的拳术之一，更是少林小架拳法的代表套路。其套路短小精悍，结构严谨，功架小巧，灵活多变，发力脆快，气势逼人，制敌于方寸之间，充分体现了“守如猫，动如虎”“拳打卧牛之地”的少林拳法风格，是不可多得的优秀套路。

Seven-star small frame is one of the ancient boxing skills, especially the representative routine of Shaolin small frame boxing. This routine is brief, flexible and changeful, with strict structure, smart frame, crisp and quick force exert and pressing vigor, thus it can overwhelm the enemies quickly. This routine, as a difficultly accessed excellent routine, embodies the style of Shaoling Boxing, i.e. "defend as cat, act as tiger" and "fist striking the place where the cattle lies".

七星小架套路动作名称

Action Names of Routine Seven-star Small Frame

第一段 Section One

1. 预备势 Prepatatory posture
2. 缩身七星 Shrink body in seven-star stance
3. 提膝挑手 Lift knee and raise hand
4. 护膝冲拳 Guard knee and thrust fist
5. 马步截拳 Intercept with fist in horse stance
6. 里裹手 Wrap the hand inward
7. 马步截拳 Intercept with fist in horse stance
8. 马步撞肘 Strike with elbow in horse stance
9. 弓步扳手 Press hand in bow stance
10. 十字弹腿 Cross snap kick
11. 缩身七星 Shrink body in seven-star stance
12. 上步踩脚鸡形步 Step forward and slap foot into chicken-shape stance

第二段 Section Two

13. 左右鸡形步 Left and right chicken-shape stance
14. 回身顶肘 Turn body and thrust elbow

15. 缩身七星 Shrink body in seven-star stance
16. 十字弹腿 Cross snap kick
17. 缩身七星 Shrink body in seven-star stance
18. 滚身三冲拳 Roll body and punch three times
19. 回身顶肘 Turn body and thrust elbow
20. 缩身七星 Shrink body in seven-star stance

第三段 Section Three

21. 十字弹腿 Cross snap kick
22. 缩身七星 Shrink body in seven-star stance
23. 护耳掌 Ear-guarding palm
24. 震脚盘肘 Stamp foot and bend elbow
25. 外摆腿 Swing leg outward
26. 弓步冲拳 Thrust fist in bow stance
27. 马步截拳 Intercept with fist in horse stance
28. 里裹手 Wrap the hand inward

第四段 Section Four

29. 马步截拳 Intercept with fist in horse stance
30. 马步撞肘 Strike with elbow in horse stance
31. 弓步扳手 Press hand in bow stance
32. 十字弹腿 Cross snap kick
33. 缩身七星 Shrink body in seven-star stance
34. 二起脚 Jumping kick twice
35. 十字冲拳 Thrust cross fists

36. 缩身七星	Shrink body in seven-star stance
37. 上步两冲拳	Step forward and punch twice
38. 马步剪子手	Scissors hand in horse stance
39. 马步七星	Seven-star in horse stance
40. 收势	Closing form

图 1

七星小架套路动作图解

Action Illustrations of Routine Seven-star Small Frame

第一段 Section One

1. 预备势 Preparatory Posture

（1）两脚并立；两手自然下垂，成立正姿势；目视前方。（图 1）

(1) Bring two feet together, the two hands drop naturally, stand at attention. Eyes look forward. (Figure 1)

图 2

（2）上动不停。左脚向左开一步，与肩同宽；双手自身体两侧屈肘抱拳于腰间，拳心向上；目视左方。（图 2）

要点：挺胸塌腰，头正颈直；抱拳迅速，挺胸收腹。

(2) Keep the above action, the left foot takes a step leftward, the two feet shall be shoulder-width apart. Bend the elbows from both sides of the body and hold the fists on the waist with the fist-palm up. Eyes look leftward. (Figure 2)

Key points: keep the chest out and waist lowered, with head being correctitude and neck straight. Lift the chest, draw in the abdomen and hold fists quickly.

图 3

2. 缩身七星 Shrink body in seven-star stance

接上势。身体左转 90°，上右脚，脚内侧里扣，左脚尖里侧成七星步；双拳变掌；身体下蹲；同时，左掌经右臂外侧立掌于右肩上方；右掌直臂向里格掌于右膝前，掌心向内，掌指向下；目视前方。（图 3）

要点：上步、下蹲和立掌要协调连贯。

Follow the above posture, turn the body 90° to the left. The right foot steps forward, the inner side of the foot turns inward. The left tiptoe turns inward into seven-star stance, change the two fists into palms. The body squats, at the same time, place the left standing palm above the right shoulder; parry the right palm inward to the front of the right knee, keep the palm inward and the fingers down. Eyes look forward. (Figure 3)

Key points: stepping forward, squatting and standing palm shall be harmony and coherent.

图 4

3. 提膝挑手　Lift knee and raise hand

接上势。起身，提右膝，脚尖向下，左腿挺膝直立；同时，右掌屈肘，从怀里向上挑掌，掌心向左，高与腭平；左掌附于右肘内侧；目视右掌。（图 4）

要点：提膝与挑掌要同时进行，干脆利落，快速有力。

Follow the above posture, stand up and raise the right knee with toes downward; the left leg stands upright. At the same time, bend the right elbow and raise the palm upward with the palm leftward, at chin level; keep the left palm close to the inner side of the right elbow. Eyes look at the right palm. (Figure 4)

Key points: lifting knee and raising palm shall be done simultaneously, coming straight to the point without the slightest hesitation, quickly and forcefully.

图 5

4. 护膝冲拳 Guard knee and thrust fist

（1）接上势。左掌变拳回抱腰间；右掌从怀里向下裹膝；目视右下方。（图 5）

(1) Follow the above posture, change the left palm into fist, draw back the fist and hold it on the waist; the right palm wraps the knee downward from the bosom. Eyes look right downward. (Figure 5)

图 6

（2）上动不停。右转身 90°；右手向右搂抓成拳，回抱腰间；同时，右脚向前落步成右弓步；左拳从腰际向前冲出，拳心冲下，高与肩平；目视前方。（图 6）

要点：冲拳要拧腰抖肩发力，力达拳面。

(2) Keep the above action, turn the body 90° to the right. Grab the right hand rightward into fist, draw the fist back and hold it on the waist, at the same time, the right foot lands forward into right bow stance; punch the left fist forward from the waist, keep the fist-palm down and the fist-hole rightward, at shoulder height. Eyes look forward. (Figure 6)

Key points: when punching the fist, twist the waist and send the shoulders to apply force that shall reach the striking surface of the fist.

图 7

5. 马步截拳 Intercept with fist in horse stance

（1）接上势。左转身 90°成马步；左拳变掌，经面前向左肩格挡；目视左掌前方。（图 7）

(1) Follow the above posture, turn the body 90° to the left into horse stance. Change the left fist into palm and parry it to the left shoulder through the front of faces. Eyes look at the front of the left fist forward. (Figure 7)

图 8

（2）上动不停。左掌变拳回抱腰间；右拳屈肘向右下方截拳，拳心向下，拳眼向左；目视右拳。（图 8）

要点：动作轻灵迅捷，截拳要抖肩发力。

(2) Keep the above action, change the left palm into fist, draw the fist back and hold it on the waist, bend the right elbow to punch the fist right downward, keep the fist-palm down and the fist-hole leftward. Eyes look at the right fist. (Figure 8)

Key points: the action shall be light and quick, when punching the fist down, send the shoulder to apply force.

图 9

6. 里裹手 Wrap the hand inward

（1）接上势。起身，左转身 90°，同时提右脚；右拳直臂内旋；目视前下方。（图 9）

(1) Follow the above posture, stand up, turn the body to 90° to the left. At the same time, raise the right foot. Rotate right hand inward with arm straight. Eyes look down ahead. (Figure 9)

图 10

（2）上动不停。身体下蹲，右脚并步震脚；同时，右手裹于双膝前；左拳回抱于腰间，拳心向右；目视右手。（图 10、图 10 附图）

要点：震脚要有力，裹手寸劲。

图 10 附图

(2) Keep the above action, squat the body. Put the right foot together with the left one and stamp. At the same time, the right hand wraps in front of the two knees; draw back the left fist and hold it on the waist. Keep the fist –palm rightward. Eyes look at the right hand. (Figure 10, Attached figure 10)

Key points: stamping shall be forceful, wrap the hand with very short strength.

图 11

7. 马步截拳 Intercept with fist in horse stance

接上势。右脚向右开步成马步；同时，右拳经胸前向右下方截拳，拳心向下，拳眼向左，力达前臂外沿；目视右拳。（图 11）

要点：截拳要抖肩发力，短促有力。

Follow the above posture, the right foot steps rightward into horse stance. At the same time, chop right downward with the right fist through the front of the chest, keep the fist –palm down and the fist –hole leftward, the strength shall reach the outer edge of the forearm. Eyes look at the right fist. (Figure 11)

Key points: when intercepting down with the fist, send shoulder to apply force, transiently and forcefully.

图 12

8. 马步撞肘 Strike with elbow in horse stance

接上势。右拳屈肘回收于胸前，向右撞肘，肘尖向右，拳心向下，臂与肩平；左拳仍抱于腰间；马步不变；目视右方。（图 12）

要点：撞肘要快速短促，拧腰抖肩发力。

Follow the above posture, bend the right fist and draw it back to the front of the chest, strike the elbow rightward, keep the elbow joint rightward and the fist-palm downward, the arm shall be at shoulder height. Keep the left fist held on the waist in horse stance. Eyes look rightward. (Figure 12)

Key points: striking with the elbow shall be quick and transient, twist the waist and send shoulder to apply force.

图 13

9. 弓步扳手 Press hand in bow stance

接上势。右转身90°成右弓步，重心前移；右拳变掌，旋臂转腕，由胸前向前反背扳掌，掌心斜向内，掌指斜向上，掌指与眼同平；左拳仍抱于腰间；目视右掌。（图13）

要点：反背扳掌要短促而快速，抖肩发力。

Follow the above posture, turn the body 90° to the right; move the barycenter forward. Change the right fist into palm, rotate the arm and turn over the wrist to turn round the palm forward through the front of the chest, keep the palm inward aslant and the fingers upward aslant, the fingers shall be at eye height. Keep the left fist held on the waist. Eyes look at the right palm. (Figure 13)

Key points: turning round the palm shall be transient and quick, send shoulder to apply force.

图 14

10. 十字弹腿 Cross snap kick

（1）接上势。右掌屈臂外旋上挑，掌与肩平；左拳变掌，附于与右臂内侧肘窝处；弓步不变；目视前方。（图 14）

(1) Follow the above posture, bend the left arm outward and raise the right palm, the palm shall be at shoulder height; change the left fist into palm and keep it close to the fossa at the inner side of the right arm in bow stance. Eyes look forward. (Figure 14)

图 15

（2）上动不停。右掌向外、向下搅手于腹前；弓步不变；目视右手。（图 15）

(2) Keep the above action, stir the right hand outward to downward in front of the chest. Keep in bow stance. Eyes look at the right hand. (Figure 15)

图 16

（3）上动不停。微起身；右掌向上屈臂收于左腋下；左掌下按于腹前；弓步不变；目视前下方。（图 16）

(3) Keep the above action, raise the body slightly, bend the right arm upward and draw it back under the left armpit, press the left palm in front of the abdomen and keep in bow stance. Eyes look downward ahead. (Figure 16)

图 17

（4）上动不停。身体下蹲；右掌向前反背击出；左掌直臂向后勾搂，掌心向上；左脚屈膝提起，向前呈水平弹踢，脚面绷直，右腿屈膝站立；目视前方。（图 17）

要点：弹提要绷直脚面，抖肩发力，力达脚尖。

(4) Keep the above action, squat the body. Swing the right palm forward with backhand; grab left palm backward while the left arm is straight, keep the fist-centre up. Bend the left knee to raise the left foot, horizontally kick it forward, stretch the instep straight. The right leg stands with the knee bent. Eyes look forward. (Figure 17)

Key points: when kicking, stretch the instep straight, send the shoulders to apply force that shall reach the tiptoe.

图 18

11. 缩身七星 Shrink body in seven-star stance

接上势。左脚落地，右脚内侧里扣，左脚尖里侧成七星步；同时，身略右转，身体下蹲，重心前移；左掌直臂向里格掌于左膝前；右手屈肘附于左肩上；目视左前方。（图 18）

要点：动作要协调连贯，轻灵快速。

Follow the above posture, the left foot falls to the ground; turn the inner side of the right foot inward. Turn the left tiptoe inward into seven-star stance. At the same time, slightly turn the body to the right, squat the body and shift the barycenter forward. Parry inward with the left palm in front of the left knee while the left arm is straight; bend the right elbow and keep it close to the left shoulder. Eyes look left forward. (Figure 18)

Key points: the action shall be harmony and coherent, light and quick.

图 19

12. 上步踩脚鸡形步 Step forward and slap foot into chicken-shape stance

（1）接上势。起身，左脚上步；双手抱拳于腰间，拳心向上；目视前方。（图 19）

(1) Follow the above posture, raise the body, the left foot steps forward; hold the two fists on the waist with the fist-palms up. Eyes look forward. (Figure 19)

图 20

（2）上动不停。左腿直立支撑，右腿屈膝提起，向前、向上弹踢，脚尖与肩同高；右拳变掌，向前拍击脚面，手与肩平；目视右脚。（图 20）

(2) Keep the above action, the left leg stands straight alone; bend the right knee to kick the right foot upward ahead, the tiptoe shall be at shoulder height: Change the right fist into palm and slap the instep forward, the hand shall be at shoulder height. Eyes look at the right foot. (Figure 20)

图 21

（3）上动不停。右脚落地，同时右转身 180°；右掌落于右侧；左掌屈肘向前上托掌，掌心向上；目视前方。（图 21）

要点：弹踢和转身要连贯协调，快速有力。

(3) Keep the above action, the right foot falls to the ground, at the same time, turn the body 180° to the right. The right palm drops at the right side of the body; bend the left elbow to lift the palm forward with the palm up. Eyes look forward. (Figure 21)

Key points: snap kick and body turn shall be coherent and harmony, quick and forceful.

图 22

第二段 Section Two

13. 左右鸡形步

Left and right chicken-shape stance

（1）接上势。左手向身后搂挂；右手屈肘，向前、向上托掌，掌心向上；同时，左脚向前、向右搓地提膝，右腿弯曲支撑；目视前方。（图 22）

(1) Follow the above posture, grab and hang the left hand behind the body; bend the right elbow to lift the palm forward with the palm up. At the same time, the left foot shuffles rightward ahead and lifts the knee; the right bent leg stands alone. Eyes look forward. (Figure 22)

图 23

（2）上动不停。左脚向左前方落地；右手向身后搂挂；左手屈肘，向前、向上托掌；同时，右脚向前、向左搓地提膝，左腿弯曲支撑；目视前方。（图 23）

(2) Keep the above action, the left lands to the ground leftward ahead. Grab and hang the right hand behind the body; bend the left elbow to lift the palm forward. At the same time, the right foot shuffles ground rightward ahead to lift the knee, the left bent leg stands alone. Eyes look forward. (Figure 23)

图 24

（3）上动不停。右脚向右前方落地；左手向身后搂挂；右手屈肘，向前、向上托掌；同时，左脚向前、向右搓地提膝，右腿弯曲支撑；目视前方。（图 24）

要点：鸡形步与搂挂、托掌要同时进行，动作连贯，协调一致。

(3) Keep the above action, the right foot lands to the ground rightward ahead. Grab and hang the left hand behind the body; bend the right elbow to left the palm forward. At the same time, the left foot shuffles rightward ahead to lift the knee; the bent right leg stands alone. Eyes look forward. (Figure 24)

Key points: change into chicken-shape step, grabbing and hanging, lifting the palm shall be completed simultaneously, the action shall be coherent, harmony and consistent.

图 25

14. 回身顶肘 Turn body and thrust elbow

（1）接上势。左脚向前落步，右转身 90°，右脚回收，脚内侧里扣，左脚尖里侧，双腿微屈；右掌变拳，左掌附于右拳面；目视右拳。（图 25）

(1) Follow the above posture, the left foot falls forward. Turn the body 90° to the right, draw back the right foot. Turn the inner side of the foot inward, keep the left tiptoe inward, and slightly bend two legs. Change the right palm into fist, keep the left palm close to the right fist-plane.Eyes look at the right fist. (Figure 25)

图 26

（2）上动不停。左掌附于右拳面，同时，抬左臂向右上方顶肘；下肢动作不变；目视右前上方。（图 26、图 26 附图）

要点：顶肘要抖肩发力，短促有力，力达肘尖。

图 26 附图

(2) Keep the above action, keep the left palm close to the right fist-plane. At the same time, lift the left arm to thrust the elbow right upward. Keep the action of the lower limb. Eyes look right upward ahead. (Figure 26, Attached figure 26)

Key points: when thrusting the elbow, send the shoulders to apply force transiently and forcefully, the force reach the elbow joint.

图 27

15. 缩身七星 Shrink body in seven-star stance

接上势。身体下蹲成七星步，同时右转身；左手屈肘立掌于右肩前；右掌直臂向前下方插掌，掌心向内，掌指向下；目视前方。（图 27）

Follow the above posture, squat the body into seven-star step. At the same time, turn the body to the right, bend the left elbow to stand the palm in front of the right shoulder, insert the right palm downward ahead with the right arm straight, keep the palm inward and the fingers down. Eyes look forward. (Figure 27)

图 28

16. 十字弹腿 Cross snap kick

（1）接上势。右掌向上挑掌；下肢动作不变；目平视前方。（图 28）

(1) Follow the above posture, thrust the right palm upward, keep the action of the lower limb. Eyes horizontally look forward. (Figure 28)

图 29

（2）上动不停。右掌向外、向下旋转；目视右手。（图 29）

(2) Keep the above action, rotate the right palm outward and downward. Eyes look at the right hand. (Figure 29)

图 30

（3）上动不停。右掌屈臂收于左腋下；左掌下按于腹前；目视前下方。（图 30）

(3) Keep the above action, bend the right arm and draw back the right palm under the left armpit, press the left palm downward to the front of the abdomen. Eyes look downward ahead. (Figure 30)

图 31

（4）上动不停。右腿屈膝支撑，左脚向前、向上呈水平弹踢；同时，右掌反背向前击出；左手直臂向后勾搂；目视前方。（图 31）

(4) Keep the above action, the right leg bends and stands alone; the left foot horizontally kicks upward ahead. At the same time, strike forward the right backhand palm, grab the left hand backward with the left arm straight. Eyes look forward. (Figure 31)

图 32

17. 缩身七星 Shrink body in seven-star stance

接上势。左脚落地，右脚内侧里扣，左脚尖里侧成七星步，同时身体下蹲，略右转；右掌屈肘立掌于左肩上方；左掌直臂向里格掌于左膝前；目视左方。（图 32）

Follow the above posture, the left foot falls to the ground, turn the inner side of the right foot inward with the left tiptoe inward into seven-star stance. At the same time, squat the body and slightly turn to the right. Bend the right elbow and stand the right palm above the left shoulder; parry inward with the left palm to the front of the left knee with the left arm straight. Eyes look leftward. (Figure 32)

图 33

18. 滚身三冲拳

Roll body and punch three times

（1）接上势。左脚向左跨一步成马步；同时，左手抱拳于胸前；右掌下按于左拳前，掌心向下；目视左拳。（图 33）

(1) Follow the above posture, the left foot strides a step leftward into horse stance. At the same time, hold the left fist in front of the chest; press the right palm downward before the left fist with the palm down. Eyes look at the left fist. (Figure 33)

图 34

（2）上动不停。右拳回抱腰间；同时，左拧身成左弓步；左拳向前内旋冲出，拳心向下，拳眼向右，高与肩平；目视前方。（图 34）

(2) Keep the above action, draw back the right fist and hold it on the waist, at the same time, twist the body to the left into left bow stance; rotate the left fist inward and punch it forward, keep the fist-palm downward and the fist-hole rightward, at shoulder height. Eyes look forward. (Figure 34)

图 35

（3）上动不停。上右脚，同时；左转身 180°成马步；右手抱拳于胸前；左掌在身体右侧下按于右拳前，掌心向下；目视右拳。（图 35）

(3) Keep the above action, the right foot steps forward. At the same time, turn the body 180° to the left into horse stance. Hold the right fist in front of the chest; press the left palm at the right side of the body to the front of the right fist with palm down. Eyes look at the right fist. (Figure 35)

图 36

（4）上动不停。右拧身成右弓步；左掌变拳回抱腰间同时，右拳向前内旋冲出，拳面向前，拳眼向左，高与肩平；目视前方。（图 36）

(4) Keep the above action, twist the body to the right into right bow stance. Change left palm into fist, draw it back and hold it on the waist. At the same time, rotate the right fist inward and punch it forward, keep the fist-plane forward and the fist-hole leftward, at shoulder height. Eyes look forward. (Figure 36)

图 37

（5）上动不停。左脚向前上步，身体下蹲成马步；左手抱拳于胸前；右掌按于左拳前，掌心向下；目视左拳。（图 37）

(5) Keep the above action, the left foot steps forward, squat the body into horse stance. Hold the left fist in front of the chest; press the right palm at the left side of the body to the front of the left fist with the palm down. Eyes look at the left fist. (Figure 37)

图 38

（6）上动不停。左拧身成左弓步；右手变拳回抱腰间同时，左拳向前内旋冲出，拳面向前，拳眼向右，高与肩平；目视前方，发“嗯”声。（图 38）

(6) Keep the above action, twist the body to the left into left bow stance. Change right hand into fist, draw it back and hold it on the waist. At the same time, rotate the left fist inward and punch it forward, keep the fist-plane forward and the fist-hole rightward, at shoulder height. Eyes look forward, make the sound of "en". (Figure 38)

图 39

19. 回身顶肘 Turn body and thrust elbow

（1）接上势。抬左脚向前落步，右转身，右脚回收，右脚内侧里扣，左脚尖里侧，双腿微屈；右掌变拳；左掌附于右拳面；目视左后方。（图 39）

(1) Follow the above posture, raise the left foot and fall forward, turn the body to the right, draw back the right foot. Turn the inner side of the right foot inward, turn the left tiploe inward, and bend the two legs slightly. Change the right palm into fist, keep the left palm close to the right fist-plane. Eyes look left backward. (Figure 39)

图 40

（2）上动不停。右臂屈肘向右上方顶肘，肘尖斜向上；左掌仍附于右拳面；下肢姿势不变；目视右上方。（图 40）

要点：顶肘要抖肩发力，迅猛连贯。

(2) Keep the above action, bend the right elbow to thrust it right upward with the elbow joint upward aslant, keep the left palm close to the right fist-plane. Keep the posture of the lower limb. Eyes look right upward. (Figure 40)

Key points: when thrusting the elbow, send the shoulders to apply force swiftly and coherently.

图 41

20. 缩身七星

Shrink body in seven-star stance

接上势。身体下蹲成七星步；左手经胸前屈肘立掌于右肩前，掌心向右；右掌直臂向前、向下插掌，掌心向内，掌指向下；目视右前方。（图 41）

要点：上步、下蹲和立掌要协调连贯。

Follow the above posture, squat the body into seven-star stance. Bend the left elbow to stand the left palm in front of the right shoulder with the palm rightward; insert the right palm downward ahead with the right arm straight. Keep the palm inward and the fingers down. Eyes look right forward. (Figure 41)

Key points: stepping forward, squatting the body and standing palm shall be harmony and coherent.

图 42

第三段 Section Three

21. 十字弹腿 Cross snap kick

（1）接上势。右掌外旋向上挑起，掌心向左；左掌屈肘附于右肘；下肢姿势不变；目视右掌。（图 42）

(1) Follow the above posture, rotate the right palm outward and raise it upward with the palm leftward; bend the left elbow and keep the left palm close to the right elbow. Keep the posture of the lower limb. Eyes look at the right palm. (Figure 42)

图 43

（2）上动不停。右掌外旋向下至腹前；下肢姿势不变；目视前下方。（图 43）

(2) Keep the above action, rotate the righe palm outward down to the front of the abdomen, and keep the posture of the lower limbs. Eyes look downward ahead. (Figure 43)

图 44

（3）上动不停。右掌收于左腋下；左掌向下按于腹前；下肢姿势仍不变；目视左掌。（图 44）

(3) Keep the above action, draw back the right palm under the left armpit; press the left palm to the front of the abdomen. Keep the posture of the lower limb. Eyes look at the left palm. (Figure 44)

图 45

（4）上动不停。右掌从左腋下经胸前向前反背击出；同时，身体略下蹲，右脚屈膝支撑，左腿屈膝提起，呈水平向前弹踢；左手直臂向后勾搂；目视前方。（图 45）

(4) Keep the above action, swing the right palm by backhand forward through the front of the chest. At the same time, squats the body slightly; bend the right knee to support the body; bend the left knee and raise the left leg to horizontally kick forward. Grab the left hand backward with the left arm straight. Eyes look forward. (Figure 45)

图 46

22. 缩身七星 Shrink body in seven-star stance

接上势。左脚落地，右脚内侧里扣，左脚尖里侧成七星步；右掌立掌于左肩上方，掌心向左，掌指与颌同平；左掌直臂向里格掌于左膝前；目视前方。（图 46）

Follow the above posture, the left foot falls to the ground. Turn the inner side of the right foot and the left tiptoe inward into seven-star stance. Stand the right palm above the left shoulder, keep the palm leftward and the fingers at jaw height; parry inward with the left palm to the front of the left knee with the left arm straight. Eyes look forward. (Figure 46)

Key points: stepping forward, squatting the body and standing palm shall be coherent and harmony.

图 47

23. 护耳掌 Ear-guarding palm

接上势。左脚向左上步，同时，身体右转 90°成马步；右拳回抱于腰间；左掌屈肘格掌于左耳侧，掌心向前；目视左方。（图 47、图 47 附图）

要点：格掌要拧腰抖肩发力，与开左脚要同时进行。

图 47 附图

Follow the above posture, the left fool steps forward. At the same time, turn the body 90° to the right into horse stance; draw the right fist back and hold it on the waist; bend the left elbow to parry the left palm at the side of the left ear with the palm forward. Eyes look forward. (Figure 47, Attached figure 47)

Key points: when parrying the palm, twist the waist and snap the shoulders to send strength, which shall be simultaneously done with putting the left foot apart from the right one.

图 48

24. 震脚盘肘 Stamp foot and bend elbow

接上势。身体左转 180°，震右脚并步，身体下蹲；右臂屈肘，随身转向左盘肘；左掌与右肘合抱于胸前；目视左掌。（图 48）

要点：左掌和右肘合抱要抖肩发力，有合力。

Follow the above posture, turn the body 180° to the left. Stamp the right foot and put the feet together. The body squats, bend the right elbow to cross it with the left arm with body turn; hold the left palm and the right elbow together in front of the chest. Eyes look at the left palm. (Figure 48)

Key points: when holding the left palm and the right elbow together, send shoulders to apply force, there shall be resultant force.

图 49

25. 外摆腿 Swing leg outward

接上势。右转身，右脚向前、向外摆踢；同时，双臂自然分开，左右手依次迎击脚面；目视右脚。（图 49）

要点：外摆腿要直、要高，轻灵而快捷。

Follow the above posture, turn the body to the right, and swing the right leg outward ahead. At the same time, the two hands part naturally; the left hand and the right one counter punch the instep sequentially. Eyes look at the right foot. (Figure 49)

Key points: swinging the leg outward shall be straight and high, light and quick.

图 50

26. 弓步冲拳 Thrust fist in bow stance

（1）接上势。右脚在身体右侧落步；左拳抱于腰间，拳心向上；右掌置于左胸前；目视右方。（图 50）

(1) Follow the above posture, the right foot falls at the right side of the body. Hold the left fist on the waist with the fist-palm up; place the right palm in front of the chest. Eyes look rightward. (Figure 50)

图 51

（2）上动不停。右转身 90°成弓步；同时，右掌向外搂抓变拳回抱于腰间；左拳向前直臂冲出，拳心向下，拳眼向右，高与肩平；目视前方。（图 51）

要点：冲拳要抖肩发力，力达拳面。

(2) Keep the above action, turn the body 90° to the right into bow stance. At the same time, grab the right palm outward into fist, draw back the fist and hold it on the waist; punch the left fist forward with the left arm straight, keep the fist-palm down and the fist-hole rightward, at shoulder height. Eyes look forward. (Figure 51)

Key points: when punching the fist, send the shoulders to apply force that shall reach the fist-plane.

图 52

27. 马步截拳

Intercept with fist in horse stance

（1）接上势。左转身 90°成马步；同时，左拳变掌，经面前向左格挡；目视左方。（图 52）

(1) Follow the above posture, turn the body 90° to the left into stance. At the same time, change the right fist into palm and parry it leftward through the front of faces; hold the right fist on the waist. Eyes look leftward. (Figure 52)

图 53

（2）上动不停。左掌变拳回抱腰间；同时，右拧身，身体右倾；右拳屈肘向右下截拳，拳心向下；目视右拳。（图 53）

(2) Keep the above action, change the left palm into fist and hold it on the waist. At the same time, twist and slant the body rightward; bend the right elbow and swing the right fist right downward with the fist-palm down. Eyes look at the right fist. (Figure 53)

图 54

28. 里裹手 Wrap the hand inward

（1）接上势。身体左转 90°，同时，提腿收右脚；左拳仍抱于腰间；右拳随身转；目视右拳。（图 54）

(1) Follow the above posture, turn the body 90° to the left. At the same time, raise the right leg to draw back the right foot; still hold the left fist on the waist; turn the right one with body turn. Eyes look at the right fist. (Figure 54)

图 55

（2）上动不停。右脚震脚，并步下蹲；右拳直臂内旋，裹手于双膝前，拳心向右；目视前下方。（图 55）

要点：动作要连贯协调，快速有力。

(2) Keep the above action, stamp the right foot and put the feet together, squat the body. Rotate the right fist inward with the right arm straight, wrap the hand to the front of the two knees with the fist-palm rightward. Eyes look downward ahead. (Figure 55)

Key points: the action shall be coherent and consistent, quick and forceful.

图 56

第四段 Section Four

29. 马步截拳

Intercept with fist in horse stance

接上势。右脚向右开一步成马步；同时，右拳屈肘向右下方截拳；左拳抱于腰间，拳心向下，拳眼向左；目视右下方。（图 56）

Follow the above posture, the right foot steps a step rightward into horse stance. At the same time, bend the right elbow and swing the right fist right downward; hold the left fist on the waist, keep the fist-palm down and the fist-hole leftward. Eyes look right downward. (Figure 56)

图 57

30. 马步撞肘

Strike with elbow in horse stance

接上势。右拳屈肘回收于胸前，向右撞肘，臂与肩平；目视右方。（图 57）

要点：撞肘要抖肩发力，力达前臂外侧。

Follow the above posture, bend the right elbow to draw back the right fist to the front of the chest, strike rightward with the elbow, the right arm shall be at shoulder height. Eyes look rightward. (Figure 57)

Key points: when striking with elbow, send the shoulders to apply force, which shall reach the outer side of the forearm.

图 58

31. 弓步扳手 Press hand in bow stance

接上势。右转身 90°成右弓步；同时，右拳变掌，屈臂向前反背扳掌，掌心向里，掌指向上；目视右掌。（图 58）

要点：扳掌要短促有力。

Follow the above posture, turn the body 90° to the right into right bow stance. At the same time, change the right fist into palm and bend the arm to swing and press the palm with backhand, keep the palm inward and the fingers upward. Move the barycenter forward; still hold the left palm on the waist. Eyes look at the right palm. (Figure 58)

Key points: turning round the palm shall be transient and forceful.

图 59

32. 十字弹腿 Cross snap kick

（1）接上势。右掌上挑，高与颌平；左掌变拳，附于右肘内侧；目视前方。（图 59）

(1) Follow the above posture, the right palm and thrusts upward, at chin height; change the left palm into fist and keep it close to the inner side of the right elbow. Eyes look forward. (Figure 59)

图 60

（2）上动不停。右掌向外、向下搅手于腹前；弓步不变；目视前方。（图 60）

(2) Keep the above action, agitate the right palm outward and downward to the front of the abdomen. Keep in bow stance. Eyes look forward. (Figure 60)

图 61

（3）上动不停。左掌直臂下按；右掌回收于左腋下；微起身；目视前下方。（图 61）

(3) Keep the above action, press the left palm downward with the arm straight; draw back the right palm under the left armpit. Slightly raise the body. Eyes look downward ahead. (Figure 61)

图 62

（4）上动不停。右掌旋即从左腋下抽出，向前反背击出；左手向后、向上勾搂，手心向上；同时，身体下蹲，左腿屈膝提起向前弹踢，右腿屈膝支撑；目视前方。（图 62）

(4) Keep the above action, draw out the right palm from under the left armpit immediately, punch it forward with backhand; grab the left hand beckward and upward with the palm up. At the same time, squat the body, bend the left knee to raise the left foot and kick it forward; bend the right knee to support the body. Eyes look forward. (Figure 62)

图 63

33. 缩身七星

Shrink body in seven-star stance

接上势。左脚落地，身体下蹲，右脚内侧里扣左脚尖里侧成七星步；同时，右掌经胸前屈肘立掌于左肩上方，高与颌平；左掌直臂向里格掌于左膝前；目视前方。（图 63）

Follow the above posture, the left foot lands to the ground, squat the body. Turn the inner side of the right foot and the left tiptoe inward into seven-star stance. At the same time, bend the right elbow and stand the right palm above the left shoulder, at chin height; parry inward with the left palm, the arm straight. Eyes look forward. (Figure 63)

图 64

34. 二起脚 Jumping kick twice

（1）接上势。双脚蹬地跳起，右脚向前、向上弹踢；右手向前拍击脚面；左拳回抱于腰间；目视右脚。（图 64）

(1) Follow the above posture, the two feet press against the ground to jump up, the right foot kicks upward ahead. The right hand claps the instep forward; draw back the left fist and hold it on the waist. Eyes look at the right foot. (Figure 64)

图 65

（2）上动不停。右脚落地；双手自然下落，手心向后；目视前方。（图 65）

(2) Keep the above action, the right foot lands to the ground; the two hands drop naturally with the palm backward. Shift the barycenter backward. Eyes look forward. (Figure 65)

图 66

（3）上动不停。左转身 180°，同时，左脚跳步提膝，右腿直立；双拳屈肘抱于胸前，拳心向里，拳眼向外，高与肩平；目视左方。（图 66、图 66 附图）

要点：二起脚腾空要高，拍击力点要准确响亮。

图 66 附图

(3) Keep the above action, turn the body 180° to the left. At the same time, the left foot jumps to lift the knee; the right leg stands upright. Bend the two elbows and hold the two fists in front of the chest, keep the fist-palm inward and the fist-hole outward, at shoulder level. Eyes look leftward. (Figure 66, Attached figure 66)

Key points: jumping kick twice shall be high, the strength of the slap shall be accurate and clangorous.

图 67

35. 十字冲拳 Thrust cross fists

（1）接上势。左脚向左落步成仆步；双拳姿势不变；目视左下方。（图 67、图 67 附图）

图 67 附图

(1) Follow the above posture, the left foot lands leftward into crouch stance. Keep the posture of the two fists. Eyes look left downward. (Figure 67, Attached figure 67)

图 68

（2）上动不停。左转身成左弓步；双拳经腰间向左右两侧冲击，拳心向下，高与肩平；目视左方。（图 68）

(2) Keep the above action, turn the body to the left into left bow stance. Punch the two fists to the both sides of the body from the waist with the fist –palm down, at shoulder height. Eyes look leftward. (Figure 68)

图 69

36. 缩身七星 Shrink body in seven-star stance

接上势。右转身 180°，收左脚成七星步；双拳变掌，右掌经胸前屈肘立掌于左肩上方；左掌直臂向右格掌于左膝前；目平视左方。（图 69）

要点：动作要连贯协调，轻灵迅猛。

Follow the above posture, turn the body 180° to the right, draw back the left foot into seven-star stance. Change the two fists into palms. Bend the right palm through the front of the chest and stand the palm above the left shoulder; parry the left palm rightward with the arm straight to the front of the left knee. Eyes look horizontally leftward. (Figure 69)

Key points: the action shall be coherent and harmony, light and swift.

图 70

37. 上步两冲拳

Step forward and punch twice

（1）接上势。左脚向前上步，成马步；同时，左手抱拳于胸前；右掌下按于左拳前，掌心向下；目视双手。（图 70）

(1) Follow the above posture, the left foot steps forward into horse stance. At the same time, hold the left fist to the front of the chest, press the right palm before the left fist with the palm down. Eyes look at the two hands. (Figure 70)

图 71

（2）上动不停。右拳回抱腰间；左拳前冲，拳心向下，拳眼向右，与肩同高；目视前方。（图 71）

(2) Keep the above action, draw back the right fist and hold it on the waist; punch the left fist forward, keep the fist-palm down and the fist-hole rightward, at shoulder height. Eyes look forward. (Figure 71)

图 72

（3）上动不停。右脚向前一步，同时，左转身成马步；左拳变掌，下按于右拳前，掌心向下；目视右前下方。（图 72）

(3) Keep the above action, the right foot takes a step forward. At the same time, change the left fist into palm and press it to the front of the right fist with the palm down. Eyes look right downward ahead. (Figure 72)

图 73

（4）上动不停。左掌抱拳于腰间；同时，右拳向前冲出，拳心向下，与肩同高；目视前方。（图 73）

要点：冲拳要拧腰抖肩发力，力达拳面。

(4) Keep the above action, change the left palm into fist and hold it on the waist. At the same time, thrust the right fist forward, keep the fist-palm down, at shoulder height. Eyes look forward. (Figure 73)

Key points: when punching the fist, twist the waist and send the shoulder to apply force that shall reach the fist-plane.

图 74

38. 马步剪子手

Scissors hand in horse stance

（1）接上势。右拳回抱腰间；同时，左转身180°，左手直臂经胸前向外搂抓；身体前倾；目视左手。（图74）

(1) Follow the above posture, draw back the right fist and hold it on the waist. At the same time, turn the body 180° to the left, grab the left hand outward through the front of the chest with the arm straight. Lean the body forward. Eyes look at the left hand. (Figure 74)

图 75

（2）上动不停。左手回收腰间成拳；同时，左转身 180°，右脚向前上一步成马步；右拳食指、中指伸直分开，其余手指扣拢成剪子手向前插击，臂与肩平；目视右方。（图 75）

要点：马步要稳固，剪子手要抖肩发力，力达双指。

(2) Keep the above action, draw back the left hand and hold it on the waist into fist. At the same time, turn the body 180° to the left, the right foot takes a step forward into horse stance. Stretch and detach the forefinger, middle finger of the right fist, hold other fingers together into scissors hand and pierce forward, the arm and the shoulder shall be at the same level. Eyes look rightward. (Figure 75)

Key points: the horse stance shall be stable, send the shoulders to apply force for the scissors hand, the force shall reach the two fingers.

图 76

39. 马步七星 Seven-star in horse stance

接上势。右剪子手回收，经小腹前向上在胸前屈肘立掌，掌心向左，指尖与咽喉同高；同时，左掌经右臂内侧直臂下插于裆前护裆，掌心向内；马步不变，口发“嗯”声；目视前方。（图 76）

Follow the above posture, draw back the right scissors hand through the front of the lower abdomen, bend the elbow in front of the chest and stand the palm upward with the palm leftward, and the fingertip shall be at throat height. At the same time, insert the left palm downward through the inner side of the right arm to the front of the crotch in order to guard the crotch with the palm inward. Keep in horse stance. The mouth makes the sound of "en". Eyes look forward. (Figure 76)

图 77

40. 收势 Closing form

（1）接上势。双掌经胸前交叉，然后向上、向外环绕分掌；马步不变；目视右方。（图 77）

(1) Follow the above posture, cross the two palms through the front of the chest, and then encircle the two palms upward and outward to detach them. Keep in the horse stance. Eyes look rightward. (Figure 77)

图 78

（2）上动不停。双掌屈肘回抱腰间变拳，拳心向上；左脚回收成并步；目视前方。（图 78）

(2) Keep the above action, bend the elbows to draw back the two palms and hold it on the waist with the fist-palms up. Draw back the left foot and put the feet together. Eyeslook forward. (Figure 78)

图 79

（3）上动不停。两手五指并拢，自然下垂在身体两侧，成立正姿势；目视前方。（图 79）

要点：心平气和，体态自然。

(3) Keep the above action, put the five fingers of each hand together, hunging naturally at both sides of the body, and stand at attention. Eyes look forward. (Figure 79)

Key points: be calm and comfortable in natural posture.

全套动作演示图

Demonstration of All the Actions

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图 2

图 3

图 4

图 5

图 6

图 7

图 8

图 9

图 10

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